

BSOA NEWSLETTER

Welcome to the September edition of the BSOA newsletter



British Society of Orthopaedic Anaesthesia



bsoa.org.uk

**2024 ASM
BIRMINGHAM**



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B.S.O.A

British Society of Orthopaedic Anaesthetists

PRESIDENT'S MESSAGE

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Dear Members,

I look forward to seeing you at the annual BSOA meeting on the 11th and 12th November 2024, in Birmingham. Following our change in format from a single day meeting we have successfully changed this meeting to a 2-day meeting with workshops on the first day. This gradual transition was briefly interrupted by the Covid-19 pandemic but has thankfully become embedded in our society's process.

The meeting page can be found here: <https://bsoa.org.uk/meetings/bsoa-annual-scientific-meeting-2024/> enabling review of the program and registration for the meeting.

The meeting will provide 12 CPD points.

I would also be grateful if you participated in the below questionnaire;

Led by Drs Sean Roberts, Amour Patel and Rachel Baumber

You have been invited to take part in this (Delphi questionnaire) survey surrounding the care of patients who present with long bone fractures secondary to metastatic bone disease. This is a complex group of patients who often have multiple co-morbidities, require complicated surgical management and sometimes necessitate transfer to specialist tertiary care. For all these reasons patients have lengthy hospital stays and become deconditioned, increasing their mortality. BOOS (British Orthopaedic Oncology Society) have published guidance on the surgical management of these patients but perioperative guidance is lacking. We seek your expert opinion to help form some recommendations for national standards of care to improve the perioperative care of these patients. Please find below the link to a survey which should take less than 5 minutes to fill out:

<https://forms.office.com/r/7q8SibSPwS>

We value your input and if you have any additional queries please don't hesitate to contact a member of the survey working group, they are all based at the Royal National Orthopaedic hospital in London.

See you in Birmingham

Very best wishes



Dr EJ da Silva
President of the BSOA

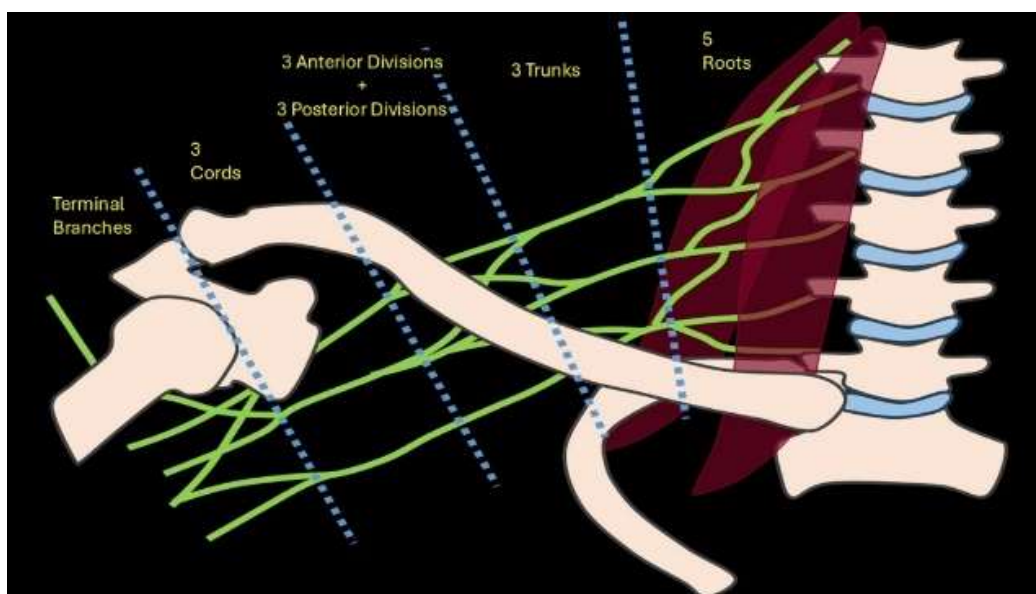


ARTICLE COLUMN

Ideal blocks for elbow surgery: the debate

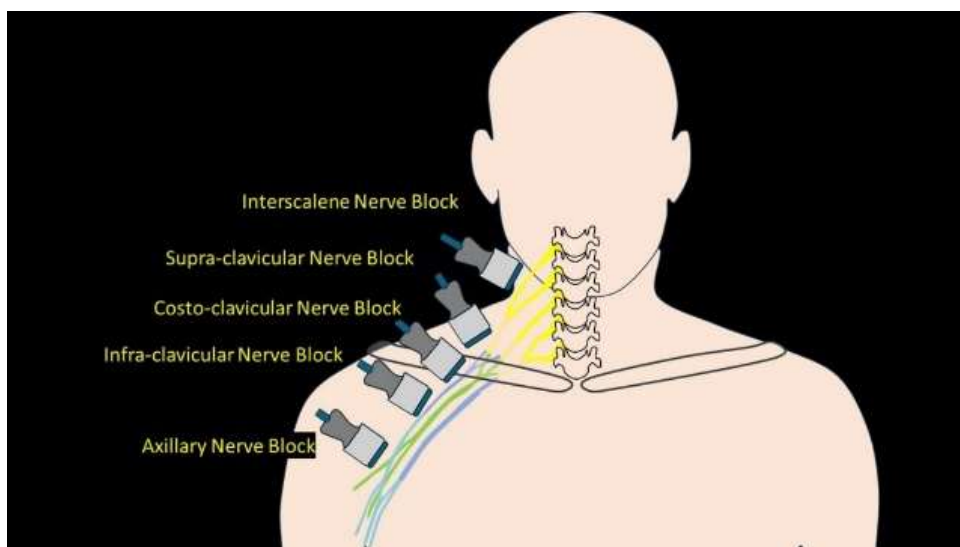
Dr Peter Anderson(1), FRCA, Dr Kapil Shirodkar(1)(2), FRCR, EDiMSK, Dr Tony Sutherland(1),FRCA
Affiliations: 1-The Royal Orthopaedic Hospital, Birmingham, UK, 2-Royal Lancaster Infirmary, UHMB NHS Foundation Trust, Lancaster, UK

It is well established that the use of regional anaesthesia confers many benefits, including reduced opioid consumption, reduced post-operative pain, and improved patient satisfaction¹ The use of peripheral regional anaesthesia is on the rise, and elbow surgery is an ideal area in which it can be utilised.



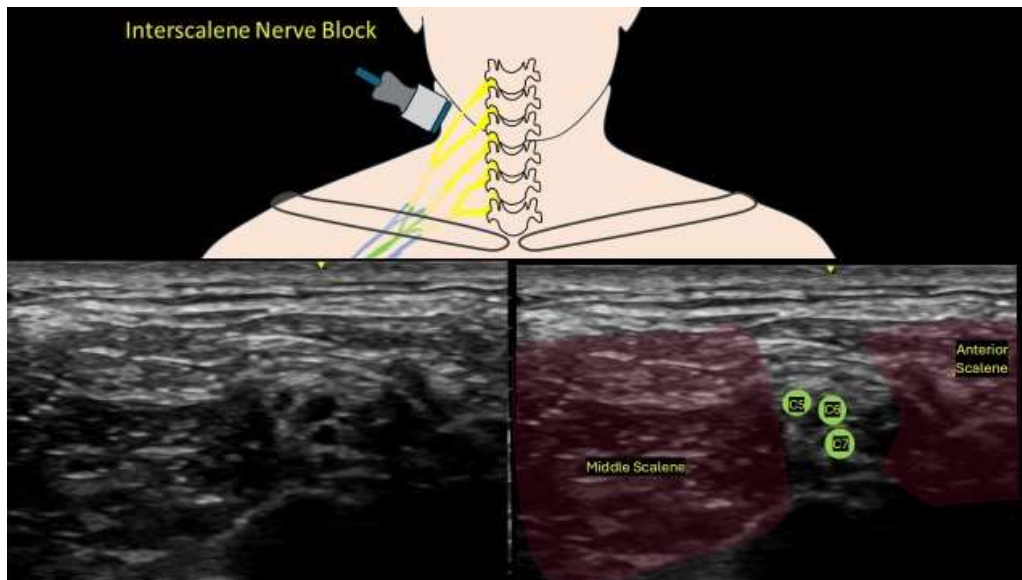
What are the potential regional anaesthesia options?

In order to achieve sufficient analgesia and anaesthesia for elbow surgery, some form of brachial plexus blockade will be required. This can be approached in a variety of fashions, which will be considered in more detail below.



Interscalene Brachial Plexus Block

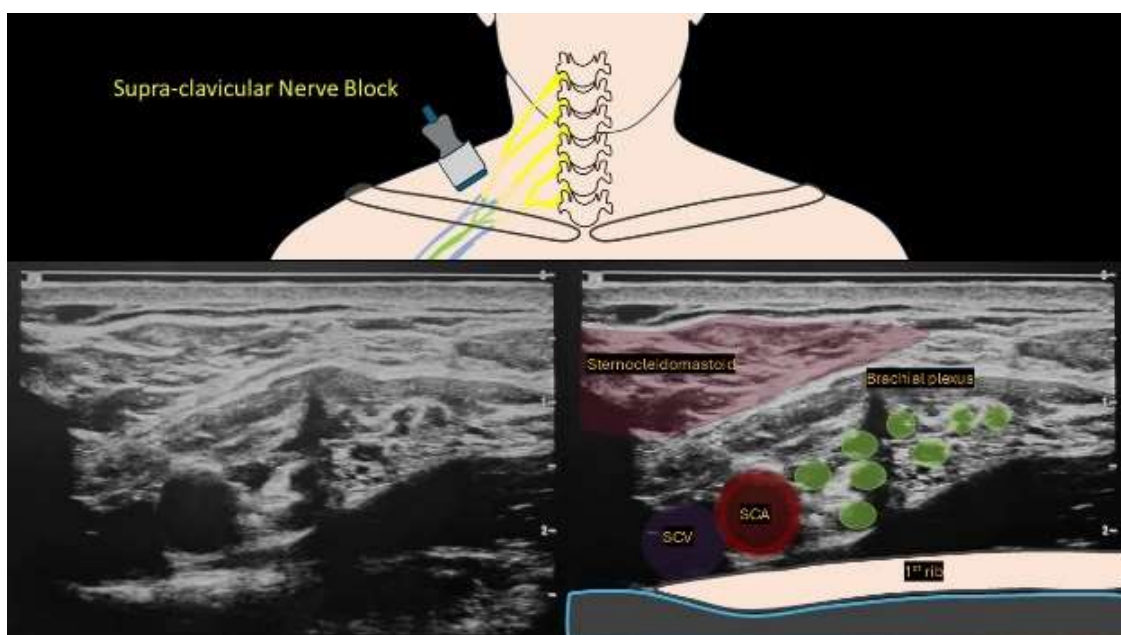
The interscalene block involves identifying and blocking the C5-C7 nerve roots as they emerge from the spinal cord, in the groove between the anterior and middle scalene muscles. It does not typically provide sufficient blockade of the inferior trunk (C8-T1 distribution) covering the medial aspect of the elbow, unless larger volumes of local anaesthetic are used, which almost always results in concomitant phrenic nerve blockade².



Supraclavicular Brachial Plexus Block

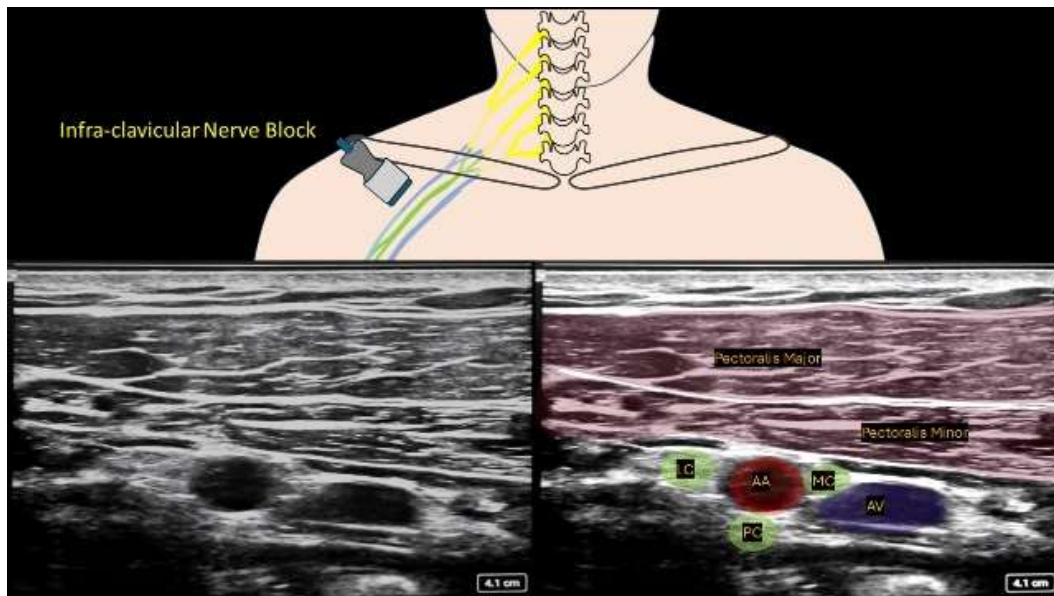
In the supraclavicular block, the brachial plexus is blocked at the level of the Trunks, in the supraclavicular fossa. It provides a rapid onset, dense block which provides good coverage over the elbow joint. However, if the volume of local anaesthetic deposited in the 'corner pocket' (between the subclavian artery and the first rib) is insufficient, then ulnar sparing can result, again resulting in poor coverage of the medial side of the elbow.

The presence of multiple varying vascular structures, in conjunction with the incompressible location, necessitates a cautious approach. Similarly care must be taken not to cause iatrogenic pneumothorax. Phrenic nerve blockade can occur in up to 30% of patients².



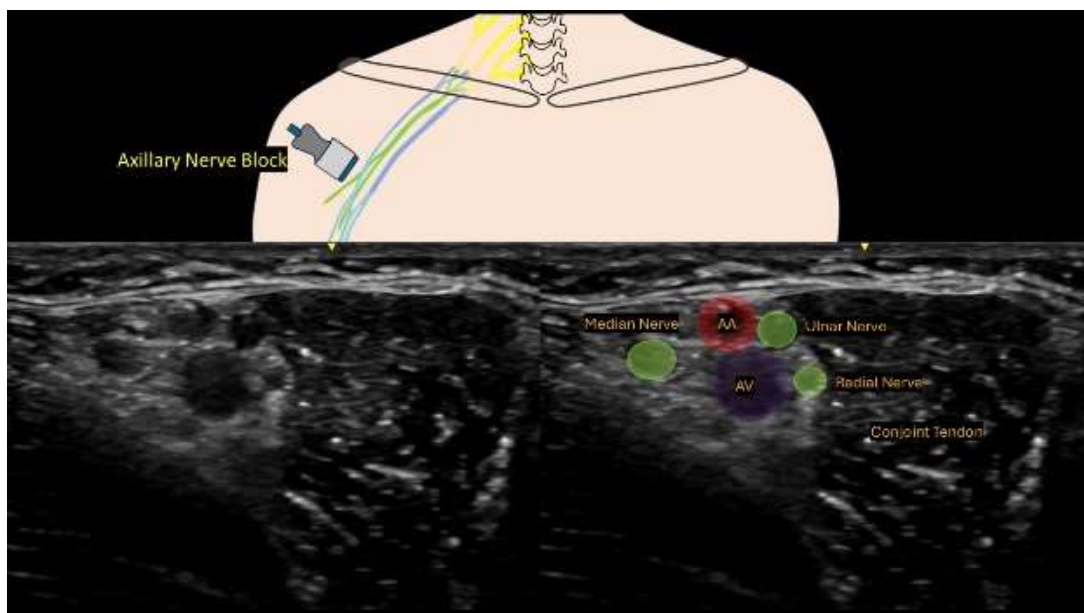
Infraclavicular Brachial Plexus Block

The infraclavicular approach provides blockade of the brachial plexus at the level of the cords, providing good anaesthesia for procedure at or below the elbow. Its deeper location at the infraclavicular fossa makes this the block of choice if an indwelling catheter is desired, due to the increased stability³. However, this deeper location means a steeper needling angle is often required, making needle visualization more challenging.



Axillary Brachial Plexus Block

In the axillary block, the terminal branches (median, radial, ulnar & musculocutaneous nerves) are blocked in the axillary fossa. The axillary block typically requires 2 or 3 injections⁴, and provides sensory blockade from the mid-arm downwards, and is therefore suitable for elbow surgeries. There is a high degree of anatomical variation, with only 65% of cases displaying 'normal' positioning of the nerves and vascular structures⁵. Despite the axillary block having the lowest complication rate of the brachial plexus blocks², the presence of multiple vascular structures necessitates caution.



Advantages and Disadvantages of different blocks

Each of the blocks described above have their own advantages and disadvantages when it comes to regional blockade for elbow surgery. These will be considered in more detail in the table below:

	Advantages	Disadvantages
Supraclavicular	Anatomy easily identifiable No shoulder manipulation needed	Risk of pneumothorax Risk of phrenic nerve palsy Many vascular structures to avoid May result in ulnar sparing
Infraclavicular	Single injection gives good blockade	Steep angle of approach required Risk of pneumothorax Incompressible location May require a degree of shoulder mobility
Axillary	Compressible location in the event of vascular injury	Significant anatomical variation Requires a degree of shoulder mobility

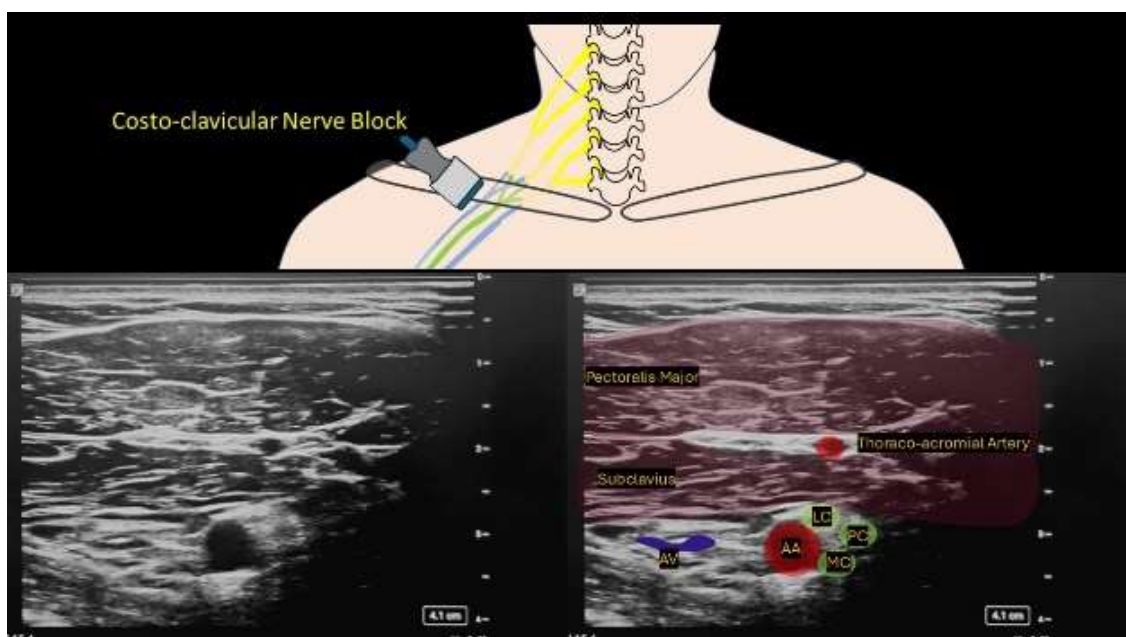
A newer approach to the infraclavicular block – the RAPTIR Block

Described as early as 2015⁶, the Retroclavicular Approach To the Infraclavicular Region (RAPTIR) block involves selecting a needle insertion point superior to the clavicle, and (using a long needle), passing the needle underneath the clavicle to approach the cords at a virtually flat angle. This allows for much better needle visualisation, as well as avoidance of many of the vascular structures due to the deeper approach. This approach does require a ‘leap of faith’, however, as the needle cannot be visualised as it passes under the acoustic shadow of the clavicle, and must be re-found as soon as it emerges.

The RAPTIR block has been variously found to be either quicker or as quick to perform as other brachial plexus blocks⁷⁻⁹, with similar levels of efficacy.

Another novel approach – the costoclavicular block (CCB)

Developed around the same time as the RAPTIR block, the CCB is another approach to the infraclavicular region of the brachial plexus¹⁰. The CCB may offer an approach which avoids many of the traditional complications of brachial plexus blockade, such as phrenic nerve palsy or pneumothorax¹¹. However, with the CCB approach, there is often a tissue septum between the bundles of the brachial plexus, leading to the need to use a multipoint injection.



Discussion

When it comes to brachial plexus blockade for elbow surgery, it is clear that there are a wide range of possible options available. Whilst it may be that there is an overall ‘best’ approach, when it comes down to an individual patient, specific patient factors will have a significant impact of the choice of regional technique. Similarly, the skills and familiarity of the practicing anaesthetist with varying brachial techniques will impact heavily on this choice; there are always benefits to using an approach which is familiar and practised, and this is likely to have a bigger impact on the success of the block than any theoretical benefits of one approach over another.

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2. Raju, P. K. B. C. & Coventry, D. M. Ultrasound-guided brachial plexus blocks. *Continuing Education in Anaesthesia Critical Care & Pain* **14**, 185–191 (2014).
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ACCOUNTANT ADVICE COLUMN

Group Structures

A group structure is created when a company (directly or indirectly) owns one or more other company.

The company at the top of the structure is called a holding company and can have several subsidiaries beneath it.

All companies in the group are under the ultimate ownership and control of the holding company.

Example of a group structure:



Benefits

There can be a range of potential tax, commercial, and legal benefits in forming a group. The main benefits are highlighted below.

Minimise risk

A subsidiary company can be used to ringfence assets or liabilities, each company within the group having limited liability.

If for example, you want to make investments, using a subsidiary for this can ensure that the assets of the existing trading business are safeguarded and are protected from any liabilities that may arise in relation to the new investments.

As well as ringfencing financial liabilities, the use of a separate group company can also assist diversification and allow the new venture to build its own brand or reputation (albeit with such support as may be required from the existing business).

A group structure can therefore also help to protect against reputational and commercial risk.

Asset protection

A holding company can hold the valuable assets of a business. This includes trading or investment property, plant and machinery, intellectual property and excess cash for investments. Subsidiaries take on the daily operations of the business and its trading responsibilities.

Assets may be leased to the subsidiaries if required, but are protected from creditors and the inherent risks of trading.

Tax advantages

There can be significant tax benefits when restructuring your business. If structured correctly, the group structure will allow the movement of cash and assets around the group without tax charges.

With prior approval obtained by HMRC, then there can be tax efficiencies in Corporation Tax, Capital Gains Tax & Stamp Duty Land Tax.

Furthermore, if you make a loss in one of your subsidiary companies, then you can offset this loss against other profits in the group. Group structures can, therefore, prove to be a very tax-efficient solution on top of protecting your assets.

Business Property Relief

Business property relief (BPR) is a very valuable relief from Inheritance Tax (IHT) which can reduce the taxable value of business assets to £Nil.

BPR works by reducing the taxable value of business assets by either 50% or 100% depending on the nature of the asset and how it is used.

For example, if you own shares in your unquoted trading company worth £1m and the shares qualify for 100% BPR, that value of these shares are reduced to £Nil for IHT purposes.

Value transferred	£1,000,000
Less: BPR @100%	(£1,000,000)
Chargeable transfer	£Nil
IHT @ 40%	£Nil

However, BPR is restricted on shares in an unquoted trading company where it holds excepted assets. Broadly, an excepted asset is neither used for business purposes nor required for future use in the business. The type of asset that is most frequently encountered is a large cash reserve (more than 20% of the balance sheet total).

For example, if your business has accumulated cash of £500,000 over time which far exceeds foreseeable cash flow requirements, you would have an IHT liability of £200k.

Value transferred	£1,000,000
Less: BPR @100%	(£500,000)
Chargeable transfer	£500,000
IHT @ 40%	£200,000

Creating a group structure allows for excess cash in a trading company to be transferred tax-free within the group and preserving the valuable BPR.

Succession Planning

A key advantage of a holding company is that it can ensure continuation of the trading company if key people wish to leave. This can allow you to pass the trading company on to family members or sell the trading company to a third party.

A holding company allows for the introduction of family members and is a way of transferring assets during your lifetime whilst retaining as much control as you wish.

Property Tax

Tax changes and adverse market changes have made life a lot harder for property investors. The following note covers the issues which arise over the lifecycle of property ownership, from starting out, running the portfolio and eventual sale.

Sole trader or limited company?

One of the key questions for the would-be property investor to ask when starting out is what business vehicle to use. The following options are available:

- hold the properties directly and operate as a sole ‘trader’ – this is usually the preferred route for small scale investors;
- alternatively, set up a company to hold the properties and receive the rents, with profits being paid out to shareholders as dividends.

The main advantage in setting up a company is that the shareholders’ liability is limited to any amounts unpaid on their share capital. So if the business folds, it is the company, not the investors, that end up having to foot the bill. By contrast, an individual landlord holding the properties directly is not so lucky if the venture goes pear-shaped – he remains fully liable for all the debts of the business and is at personal risk of going bankrupt.

In terms of tax rates, a company is, on the surface, a better proposition:

- the main rate of corporation tax is set at 25% for companies with profits of at least £250,000, applying to both income profits and capital gains. Where profits are less than this figure, the rate varies from 19–25%;
- by contrast, individual landlords are subject to rates of 20% (basic) 40% (higher) and 45% (additional) on their rental profits and 24% on capital gains.

But while the corporate rates appear more attractive, one needs to bear in mind that there is an additional layer of tax payable by shareholders when the company pays out rental profits by way of dividend. Dividends are taxed at rates of 8.75%/33.75%/39.35% and the additional tax can have an adverse effect on the overall tax position when compared to that of an individual landlord.

Tax Issues at acquisition

Annual Tax on Enveloped Dwellings (ATED) is an annual tax levied on high value residential property that is owned by a company or a partnership with a corporate member. The charge applies to properties worth at least £500,000, the exact amount payable depending on which band the property falls within. Charges range from around £4,000 at the lower end of the scale to over £280,000 for the most expensive properties valued at £20m or above.

ATED should not be an issue for buy-to-let landlords as property letting is exempted. However, the relief is not automatic.

- The relief needs to be claimed by submitting a return by the relevant filing date. Failure to do so can result in penalties applying even though no ATED charge is actually due. In addition, the relief must be claimed on an annual basis.
- The relief does not apply if certain ‘non-qualifying’ individuals are allowed to occupy the property. A person is non-qualifying if he is connected to the landlord, such as a controlling shareholder or relative of a controlling shareholder. Relief once given can be withdrawn if such a person is allowed in, even if they are paying a full market rent.

Stamp duty land tax (SDLT) is one of the most significant cost in acquiring the property with rates as high as 17%. The following table shows the current SDLT rates for residential property in England and Wales.

Purchase price	Standard rate	3% surcharge	5% surcharge (overseas investors)
Up to £250k	0%	3%	5%
£250k to £925k	5%	8%	10%
£925k to £1.5m	10%	13%	15%
Above £1.5m	12%	15%	17%

Buy-to-let landlords will normally be subject to a surcharge over the standard rate. This surcharge applies to all companies and to individuals buying a second home where the value of the property is at least £40,000.

However, where at least six properties are acquired together, the transaction is charged at commercial rates. These rates compare favourably to residential rates and are not subject to any surcharge.

Purchase price	Standard rate
Up to £150k	0%
£150k to £250k	2%
Above £250k	5%

For corporate landlords, there is potentially a special 15% ATED rate for high value residential property worth at least £500,000. However, as with the annual ATED charge, relief is available as long as it is claimed.

Calculating the profits of the property business

Rental profits are taxed as ‘the profits of a property business’, both for income and corporation tax purposes. The profits must normally be calculated in accordance with generally accepted accounting principles (‘GAAP’), which means that receipts are taxed and expenses relieved as and when they are recognised in the business accounts.

However, individual landlords with a relatively small portfolio may opt for an alternative method.

- Under the cash basis, receipts and expenses are taxed or relieved on a paid, as opposed to an accruals basis. This can be helpful for landlords with tenants who have a habit of late payment. To qualify, receipts for the tax year must be £150,000 or less – however, the landlord is not required to use this method and may opt to use GAAP instead.
- A property allowance of £1,000 is available where rents are low, with only the excess being taxable, but with no account being taken of expenses. As with the cash basis, this option is not mandatory.

The landlord is allowed to deduct certain expenses, provided that they are incurred wholly and exclusively for the purpose of the letting business. The following types of expenses are normally deductible:

- interest on bank loans taken to fund the property purchase (but see below);
- ongoing maintenance costs such as repairs (but not major renovation works which are capital);
- insurance premiums;
- professional fees paid to letting agents;
- legal and accounting fees for submitting tax returns.

Expenses of a capital nature are normally disallowed. In particular, the largest expense of all – the purchase price of the property – is not deductible. However, there are certain exceptions to this rule:

- landlords using the cash basis can deduct capital expenditure (but this does not include the house!);
- capital allowances may be available for items of plant and machinery used in the business. For buy-to-let, this relief is limited to the non-dwelling areas of the property – for example in a block of flats, items which serve the common areas such as the lift will qualify, but not items in the flats themselves.

Special rules on interest relief

For individual landlords, relief for interest is given by way of a ‘tax reducer’ which is deducted only after rental profits and other income have been calculated. Relief is given at the 20% basic rate, which effectively increases the tax burden for those landlords paying tax at the higher or additional rates.

Corporate landlords obtain relief under the loan relationships code which requires the company to net off credits and debits recognised in the profit and loss account. Where there is a deficit, the result is set off against the company’s total profits. A company can be denied relief where the loan has an unallowable

purpose, which includes a tax avoidance purpose. However, a straightforward vanilla loan taken out to acquire the property should not fall foul of this restriction.

Selling up - CGT

On selling the property, gains are subject to capital gains tax (CGT) for individuals and corporation tax on chargeable gains for corporate landlords.

- Individuals pay CGT at rates of 18%/24%, with an annual exemption of £3,000 available to shelter gains. An advance payment on account must be made within 60 days of the sale completing.
- Corporate landlords pay tax at the same rates that apply for revenue profits. For small and medium companies the tax is payable within nine months and one day of the accounting period in which the gain arises. Larger companies are required to report and pay their tax on a quarterly basis.

The landlord is allowed to deduct various items of capital expenditure in calculating the gain. This includes the purchase price of the property together with any incidental costs of acquisition and disposal. Capital costs incurred in work done on the property can be deducted as long as the expenditure is still reflected in the state or nature of the asset at the date of disposal. For example, the cost of building an extension are allowable but not if the extension is demolished before the property is sold.

Unfortunately, there are no specific CGT reliefs for property investment. Individual landlords may be able to defer property gains by reinvesting the sale proceeds in an EIS investment, but this is a risky venture and should be treated with caution.

Cars – personal vs company

Personal ownership

If you purchase the car personally, the car will have to be paid for out of taxed income. Unless you have the cash readily available, you may need to consider declaring additional dividends to fund the purchase.

When the car is owned personally, you won't qualify for tax relief on the cost of the vehicle or certain running costs, such as insurance and road tax but if you use your personal car for business travel then you can claim back 45p per mile for the first 10,000 miles you travel for work in a year – you cannot claim mileage for your usual home to work commute.

Purchasing car through a company

If you're looking at the implications of a company car, your business could be eligible for relief on the initial cost of the car via capital allowances (the rate of capital allowances will depend on the CO2 emissions of the car) but you will have a taxable benefit in kind (BIK) which is based on the list price and CO2 emissions of the vehicle. This BIK tax is payable each year that you have use of the car. Note that the BIK is based on the list price and will usually be higher than the actual value of the car.

For example if you purchased a fully electric car with a list price of £60,000, you would have a BIK of £1,200 (2%). A higher rate taxpayer would have an income tax charge of £480 (£1,200 x 40%).

Your business should get tax relief for the cost of insurance and car tax, but the business mileage you are able to claim is at a significantly lower rate than private ownership as the mileage rate doesn't just cover fuel but the full running costs of the vehicle.

A company car is likely to be best if the car is electric. Personal ownership is preferable if the car has a high list price and high CO2 emissions, however, anywhere in between it is worth doing the calculations.

Electric cars are now becoming an increasingly popular choice for company cars, which is hardly surprising considering the Government's bid to remove all petrol and diesel cars from sale by 2030. The benefits of

electric cars shouldn't be overlooked, attracting a significant lower BIK rate than their petrol and diesel counterparts.

In addition to this, 100% capital allowances may also apply so the cost of the vehicle can be fully written off against profits in the year of purchase, making electric cars a really cost-effective option when selecting and running a company car.

From a company point of view, the car would be eligible for first year allowances for corporation tax purposes at 100% of the cost price (provided the car is brand new and unused or a demonstrator).

However there is a clawback as when you sell the car, you will pay tax on 100% of the proceeds.

The company would also pay class 1A National Insurance Contributions ("NIC") at 13.8% on the benefit calculated, but this is treated as an allowable expense for corporation tax so in essence, the company would pay 11.17% (13.8% x 81%), based on 19% Corporation Tax so the example given here, the cost to the company would be c£134 (£1,200 x 11.17%).

Leasing car through a company

If you lease the car and the company owns the car at the end of the lease (e.g. hire purchase), the rules are the same as for 'Buying the car through the company' above.

If you only lease the car for a certain number of years and then give it back, the car will not be an asset in the company. The monthly lease payments will be treated as any other company expense and will reduce your corporation tax.

The tax implications for you personally will be the same as above (benefit in kind).

The tax rules concerning cars are complex and the information provided here is for illustration purposes only and specialist advice should be sought before taking any action.

For further information or for a free initial consultation to discuss your tax affairs please contact Andrew Fenton (Director at AF Tax Solutions Ltd) on 01323 845083 or email andrew@aftax.co.uk.

Andrew is a Chartered Tax Adviser (and a former Inspector of Taxes with HMRC) and has many years of experience in dealing with the tax affairs of medical professionals.



B.S.O.A

British Society of Orthopaedic Anaesthetists

BSOA ANNUAL SCIENTIFIC MEETING **BIRMINGHAM 2024**

Monday 11th & Tuesday 12th November

**DEADLINE
DATE
EXTENDED**

CALL FOR ABSTRACTS

Abstracts submission is now open

Have you performed any research or audit, or do you have an interesting case report that you would be interested in presenting?

This would be an ideal opportunity for your trainees to get involved.

Email abstracts to katefenton-jarvis@eventmanagementdirect.co.uk



Deadline: Friday 4th October

DAY 1 – MONDAY 11TH NOVEMBER 2024

TIME	PROGRAMME / ROOMS	FACULTY
09:00 - 09:30	REGISTRATION WELCOME REFRESHMENTS (Atrium)	
09:30 - 09:40	Welcome	Dr E J da Silva
09:40 - 11:10	SESSION 1: HUMAN FACTORS AND WELLNESS	Chair: Dr Tim Moll
09:40 - 10:10	Orthopaedic anaesthesia- Moves for the long term RCOA CPD Matrix Code: 1I03, 3A08, 3J00	Dr Annie Hunningher & Victoria Jenkins
10:10 - 10:40	Human Factors in theatres- a surgical perspective RCOA CPD Matrix Code: 1I03, 3J00	Mr James Tomlinson
10:40 - 11:10	Maximising your wellness at work RCOA CPD Matrix Code: 1H02	Dr Toni Brunning
11:10 - 11:30	REFRESHMENTS (Innovate)	
11:30 - 12:30	MONDAY SYMPOSIUM: Sponsored by THOR Photomedicine	Chair: Dr Bethany Fitzmaurice
	Photobiomodulation, nerve injury recovery and chronic pain. Should we include it in the BSOA Care bundle for nerve injury and recovery? RCOA CPD Matrix Code: IA02, 2E03, 2G04	Dr James Carroll & Dr Arasu Rayen
12:30 - 13:30	LUNCH (Innovate)	
13:10 - 13:30	Annual General Meeting (AGM)	
13:30 - 15:30	WORKSHOPS Workshop 1: Upper Limb Blocks (Inspire) - Dr Bedford & Dr Sutherland Workshop 2: Lower Limb Blocks (Develop)- Dr Hulgar, Prof Hormis & Dr Smith Workshop 3: Workshop 3: Rib & Neuroaxial (Learn) - Dr Moll & Dr Natesan Workshop 4: DAS Ultrasound & FONA (Invest) - BASDART Faculty Workshop 5: One lung ventilation (Create) - Dr da Silva & Dr Anderson Workshop 6: Radiology for Anaesthetists (Achieve) - Dr Patel Workshop 7: 1-on-1 - Tax for medics clinic (Think) - Andrew Fenton & Scott Thompson	
15:30 - 15:45	REFRESHMENTS (Innovate)	
15:45 - 17:15	SESSION 2: NEW GUIDANCE IN ANAESTHESIA PLANNING AND QUERIES	Chair: Prof Anil Hormis
15:45 - 16:15	CPOC guidelines- Obstructive sleep apnoea, what it means for Orthopaedics RCOA CPD Matrix Code: 2A03, 2A07	Dr Kim Russon
16:15 - 16:45	Are we aiming for the correct HBAIC targets in Optimising patients for surgery? RCOA CPD Matrix Code: 2A03, 2A07	Prof Wasim Hanif
16:45 - 17:15	Airway management in patients with suspected or confirmed cervical spine injury - 2024 Multi-Society Guidance UK RCOA CPD Matrix Code: 2A01, 2A02, 2F02, 3A01, 3A08, 3F00	Dr Matthew Wiles
17:15 - 18:15	Wine Reception (Atrium)	

DAY 2 – TUESDAY 12TH NOVEMBER 2024

TIME	PROGRAMME / ROOMS	FACULTY
08:00 - 08:30	REGISTRATION WELCOME REFRESHMENTS (Atrium)	
08:30 - 09:00	SESSION 1: REGISTRAR PRIZE MEETING & EXHIBITIONS	Chairs: Dr Svetlana Galitzine & Dr Liana Geary
	Oral Presentations RCOA CPD Matrix Code: 1H02, 3J02, 3J03	
09:00 - 09:30	PRESIDENTS MEDAL LECTURE	Chair: Dr E J da Silva
09:00 - 09:30	A Review: Perioperative care in Metastatic Bone disease. RCOA CPD Matrix Code: 2A03, 2A07, 3I00	Dr Rachel Baumber
09:30 - 09:50	REFRESHMENTS (Innovate)	
09:50 - 11:20	SESSION 2: EMBRACING TECHNOLOGY AND REVOLUTIONARY CHANGE	Chair: Dr Ramesh Vijayaraghavan
09:50 - 10:20	Digital stethoscopes and significant murmurs. Reduce ECHO requests? RCOA CPD Matrix Code: 2A03, 3J03	Dr Ronan Baird
10:20 - 10:50	Ambulatory Arthroplasty Surgery: a revolution in supporting elective recovery RCOA CPD Matrix Code: 2G01, 3A06, 3A08	Dr Mary Stocker
10:50 - 11:20	Intra-operative Nociception monitoring – an introduction RCOA CPD Matrix Code: 2A04	Prof Anil Hormis
11:20 - 12:20	TUESDAY SYMPOSIUM : Sustainability in Healthcare	Chair: Dr Paul Southall
	Enabling responsible growth of the healthcare sector: an understanding of key trends, priorities and needed actions	Christine Diamente, BSR
12:20 - 13:30	LUNCH (Innovate)	
13:00 - 13:30	POSTER PRESENTATIONS (Atrium)	Chairs: Dr Svetlana Galitzine & Dr Liana Geary
13:30 - 15:00	SESSION 3: CLINICAL OPTIMISATION, PREPARATION AND AVOIDING COMPLICATIONS	Chair: Dr Liana Geary
13:30 - 14:00	The power of self-preparation for surgery RCOA CPD Matrix Code: 2A03, 3I00	Dr Toni Brunning
14:00 - 14:30	Understanding Hyponatremia in the peri-operative setting. RCOA CPD Matrix Code: 2A07	Dr Martin Goodman
14:30 - 15:00	Cognitive dysfunction and Peri-operative care- Updates RCOA CPD Matrix Code: 2A07, 3I00	Dr Helen Chamberlain
15:00 - 15:15	REFRESHMENTS (Innovate)	
15:15 - 16:45	SESSION 4: REGIONAL ANAESTHESIA & CHRONIC PAIN	Chair: Dr Svetlana Galitzine
15:15 - 15:45	Awake Shoulder Surgery RCOA CPD Matrix Code: 2E01, 2G01, 2G02, 2G03, 3A08, 3A09	Dr Nigel Bedforth
15:45 - 16:15	Persistent post-operative surgical pain RCOA CPD Matrix Code: 2E01	Dr Bernadette Ratnayake
16:15 - 16:45	Regional Anaesthesia options for Spine surgery RCOA CPD Matrix Code: 2E01, 2G01, 2G02, 2G03, 3A08, 3A09	Dr J.C John. Oswestry
16:45 - 17:00	REGISTRAR PRIZE AWARDS, CHANGE OF OFFICE BEARERS & CONCLUSION	Chair: Dr E J da Silva

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